

STUDENT GUIDE IN HOST FAMILY



16/03/2017

You choose to live in family....

..... it is the best way to discover the French culture and deepen your knowledge of French language. But, first of all.....

INTRODUCTION

..... First of all, be aware that this stay will bring you a lot and give you an advantage. It will distinguish yourself from the other students who have a similar academic experience.

This experience stimulates communication, as living with a host family enables to know perfectly French people's culture and the way they think. This solution will also enable you to improve more quickly your level in French and to experience an enriching time.



Our host families have been carefully selected mainly because:

Chacune d'elle a été visitée puis sélectionnée essentiellement pour :

- They are open and welcome people properly
- They are strong-willed to integrate students and respect the other cultures
- They are open-minded and careful
- Their homes are comfortable and well-maintained
- They live near the campus

Living in a French family may be similar to living in your family but it can also be very different from a family to another one. So something which is authorized in a family may be forbidden in another one and vice versa.

You may feel unsettled faced with a situation which is unusual in your own family or country. This is normal and it is called the "**culture shock**".

Therefore it is important **to talk as soon as possible** to the members of the host family in order to adapt as well as possible. Show an interest in their existence by respecting them and their private life. Do not hesitate to ask questions even if they seem to be credulous or very easy.

As the proverb says, « An ounce of prevention is worth a pound of cure ».

To be open-minded is an important effort but also **guarantees the stay will be nice and** the family/student pair will be **harmonious**.



To sum-up, it is essential that you interact with the host family and see other students in order to enjoy this experience as much as possible and improve your level in french.

Living with a host family does not mean living in a hotel or in a university residence

It is useful to remind you essential rules you will find in the **"Code of conduct"** section. We ask you to sign it to prove you are willing to spend a nice and responsible stay together as a family.

In a general way, you will give help in the everyday life (cook, set the table, go to the supermarket with your host etc...).

Please ask your host family if you are authorized to welcome friends.

Please naturally conform to the same rules the other teenagers of the family already respects.



Such as :

For example, please respect elementary rules related to the family way of life

- Tell to the family about daily schedule and let them know if you come back home later.

- Lock the door when you go outside

- Be quiet and polite

- Be careful with your key set you are given when you arrive. If

you lose it, you will have to replace it at your expense

Finally and above all :



say :

BON JOUR!

hello..... in the morning,

Bonsoir

good night.....before going to bed and.....



thank you..... as much as necessary.

It will enable you to spend an even more pleasant experience!

CHARTE DE BONNE CONDUITE

- Obligations in the bedroom:

- You are not allowed to cook, have lunch and stock up on food
- Air the bedroom every day and clean it up every week
- Often give your linen to your host who will wash it and use the washing-machine only if your host gives you his permission (to arrange with your host)
- Pull down the shutters every night
- Be quiet during the night (at least from 10 pm to 6 am)
- Turn off the light when you leave a room



- Obligations in the bathroom :



If you share the bathroom with the other members of the host family, please ask what time you can use it. It is important that you know what time is the most suitable and how long you can use it.

It is important you leave it clean after using it and you leave hot water for the next user.

- Obligations during family meals :

Insofar as possible, have dinner with your host family.
Lunches and food you eat out of the host family's home are your responsibility.

If you follow a diet, do not forget to inform the one who cooks. Usually, the host family will take your preferences into consideration in order to strengthen your relationship.



French people's schedule and eating habits can differ from yours. You must respect them. It is also the opportunity to cook a typical dish from your origin country with the other members of the host family. Show you are interested in French foodand make your host family discover yours !

Face difficulties with your host family

In case there is a problem, it is important that you discuss it with your host family –most of difficulties can be solved by **communication !**

The International central office can also help you. It is easier to contact us before your parents or your university. We are convinced you will prove worthy and your integration in your new family will go well.

Name :

Surname :

Orléans on :

Signature



NOTES:



